



Made From Scratch

Hydrating Foods

Most people don't realize they need more liquids until they're way past the point of being dehydrated. One of the best ways to stay hydrated is to consume more liquids and water-rich foods like the ones found in these recipes.

Cucumber Salad with Tomatoes

Ingredients:

- 2 c. cucumber, diced
- 1 c. tomato, seeded and diced
- 1/4 c. sweet onion, chopped
- 2 c. couscous or rice, cooked
- 2 tsp. dill weed, chopped dried or fresh
- 1/2 c. Italian salad dressing, low-fat

Instructions:

1. Toss together the cucumber, tomatoes, onions, couscous (or rice), dill, and salad dressing.
2. Chill for one hour before serving.



Nutrition facts | Servings: 4

Per serving | Calories: 331 **| Fat:** 1 g **| Saturated Fat:** 0 g **| Fiber:** 5 g **| Carbs:** 68 g **| Protein:** 11 g **| Sodium:** 334 mg

Did you know: Your body gets about 20% of the water you need from the foods you eat throughout the day? Foods that typically provide the highest water content are raw fruits and vegetables; this is also a good way to give your body vitamins, minerals, and fiber while increasing daily water intake.

Grilled Asparagus and Shrimp Quinoa Salad with Lemon Vinaigrette

Ingredients for Grilled Asparagus and Shrimp Quinoa Salad:

- 2 c. fresh asparagus, large spears, cut into 1-inch pieces
- 1/2 yellow or red bell pepper, cut into 1/2-inch pieces
- 1 glove garlic, minced
- 1 (14 oz.) can quartered artichoke hearts, drained
- 12 oz. fresh or frozen large raw shrimp, peeled and deveined
- 1 1/2 c. dry quinoa, cooked according to package directions

Ingredients for Lemon Vinaigrette:

- 1 tsp. grated lemon peel
- 3 tbsp. fresh or bottled lemon juice
- 3 tbsp. olive oil
- 1 tsp. Dijon mustard
- 1/2 tsp. thyme leaves
- 1/2 tsp. ground black pepper

Instructions:

1. Place vinaigrette ingredients in a small bowl and whisk; set aside.
2. Cut vegetables as directed.
3. Heat grill and grilling tray.
4. Place vegetables and shrimp in a large bowl; add about 1/3 of the vinaigrette (about 3 tbsp) and toss.
5. Spread shrimp-vegetable mixture over a hot grilling tray.
6. Grill, turning shrimp and vegetables until the flesh of the shrimp is an opaque color (about 5-6 minutes); remove from grill.
7. Serve grill mixture over cooked quinoa, and drizzle with vinaigrette.



Nutrition facts | Servings: 4

Per serving | Calories: 460 **| Fat:** 16 g **| Saturated Fat:** 2 g **| Fiber:** 7 g **| Carbs:** 51 g **| Protein:** 11 g **| Sodium:** 420 mg

Looking for great-tasting, healthy dishes? WebMD's recipes make it easy to meet your nutritional needs. Each recipe includes step-by-step instructions, nutritional information, healthy ingredients, and helpful preparation tips to make delicious meals.

Grilled Pineapple Ginger Glazed Chicken with Zucchini and Peppers

Ingredients for Pineapple Ginger Glaze:

- 1 1/2 c. pineapple juice (12 oz)
- 1/4 c. apple cider vinegar
- 3 tbsp. brown sugar
- 1 1/2 tbsp. light soy sauce
- 1 tbsp. minced ginger
- 1 tbsp. Dijon mustard

Ingredients Chicken with Zucchini and Peppers:

- 1 c. whole wheat couscous, dry
- 1 lb. chicken breast, boneless, skinless, cut into 4 portions
- 1 tbsp. olive oil
- 1/8 tsp. salt
- 1/4 tsp. pepper
- 1 sweet yellow onion, cut into wedges
- 2 large zucchinis, cut into chunks
- 1 red pepper, cut into 8 strips
- 1 orange pepper, cut into 8 strips
- 8 pineapple spears, 2 1/2 x 1 1/4 inch, about 1 oz each
- 1 green onion, sliced



Instructions:

1. To make the glaze, combine pineapple juice, vinegar, brown sugar, soy sauce, ginger, and mustard in a medium saucepan set over medium-high heat.
2. Bring to a boil; boil for about 15 minutes.
3. Preheat the grill to medium heat. Cook couscous according to package directions.
4. While couscous is cooking, toss chicken breast with oil, salt, and pepper.
5. Grill chicken, for 2 minutes per side or until grill-marked. Continue to grill, turning and basting with Pineapple Ginger Glaze, for 5 to 6 minutes or until cooked.
6. Grill onion, zucchini, red pepper, orange pepper, and pineapple spears, basting with Pineapple Ginger Glaze, for 3 to 5 minutes or until grill-marked and tender.
7. Serve chicken with vegetables and pineapple over couscous. Garnish with green onions

Nutrition facts | Servings: 4

Per serving | Calories: 460 | Fat: 8 g | Saturated Fat: 2 g | Fiber: 7 g | Carbs: 66 g | Protein: 34 g | Sodium: 396 mg

Watermelon Gazpacho

Ingredients:

- 4 c. seeded watermelon, cubed, divided
- 1 cucumber, peeled, coarsely chopped, divided
- 1 clove garlic, minced
- 2 tbsp. onion, chopped
- 2 tsp. lime juice
- 1 tsp. olive oil
- 1 tbsp. fresh basil, chopped
- 1/8 tsp. ground black pepper
- 1/2 jalapeno pepper, seeded and chopped (optional)

Instructions:

1. In a small bowl, mix 1 cup of cubed watermelon and 1/2 of chopped cucumber; set aside.
2. Process remaining ingredients in a food processor or blender until puréed.
3. Transfer all ingredients to a large bowl and stir.
4. Refrigerate until ready to serve.



Nutrition facts | Servings: 4

Per serving | Calories: 70 | Fat: 2 g | Saturated Fat: 0 g | Fiber: 1 g | Carbs: 13 g | Protein: 1 g | Sodium: 0 mg

Tip: Watermelon gazpacho will last up to five days in an airtight container in the fridge.